



# Performance Report for: <https://www.mileswithmichelle.co.uk/>

Report generated: Thu, Mar 7, 2024 11:02 AM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>B</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	91%	79%	1.4s	118ms	0.03

## Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 9.41MB
Med	Use explicit width and height on image elements <small>CLS</small>	2 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 1.01MB
Med-Low	Use a Content Delivery Network (CDN)	29 resources found
Med-Low	Lazy load third-party resources with facades <small>TBT</small>	1 facade alternative available

## Page Details



### Total Page Size - 9.40MB



### Total Page Requests - 86



## How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

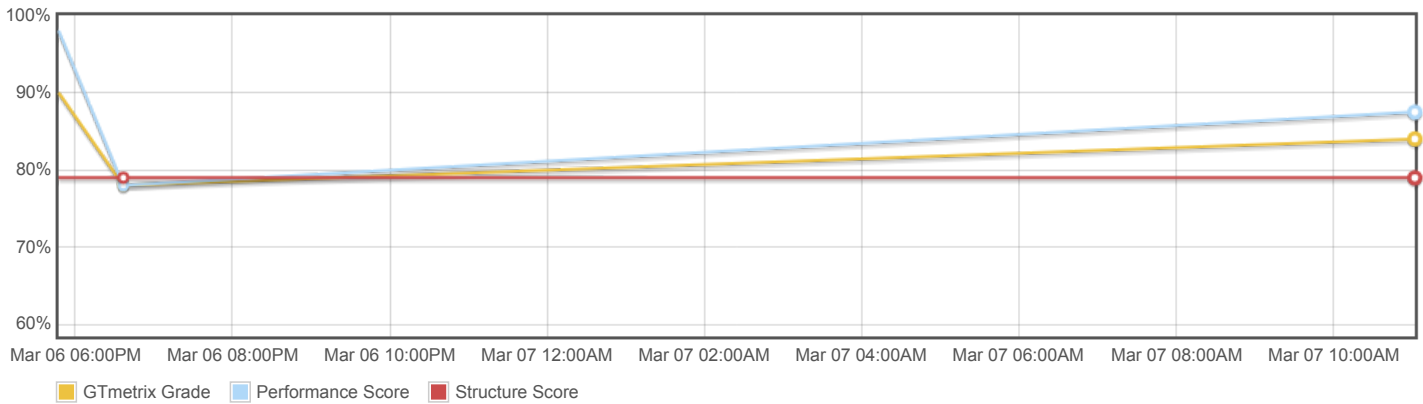
## About GTmetrix



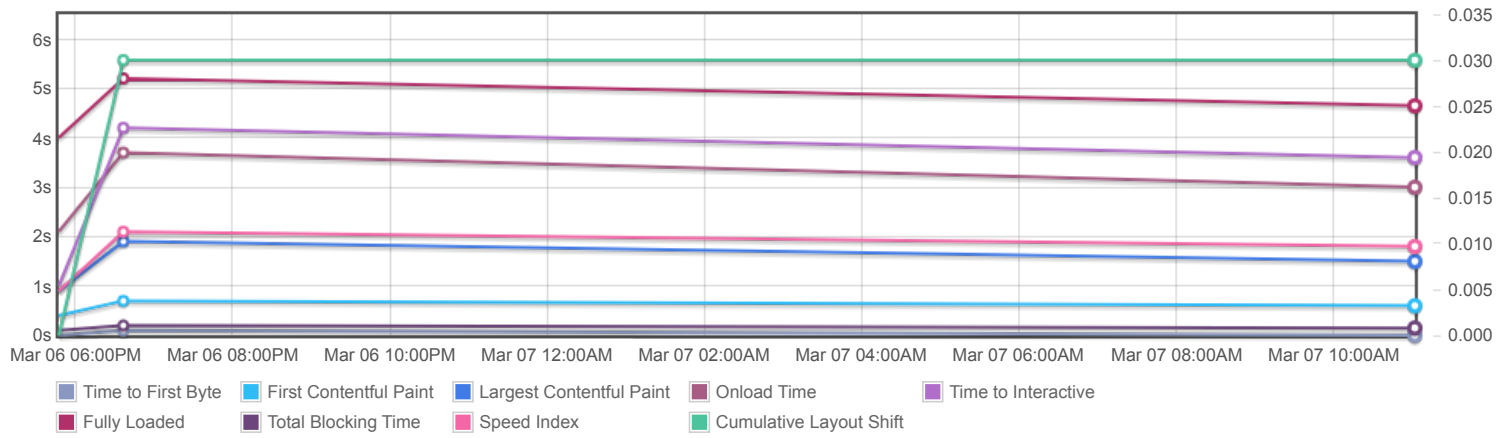
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

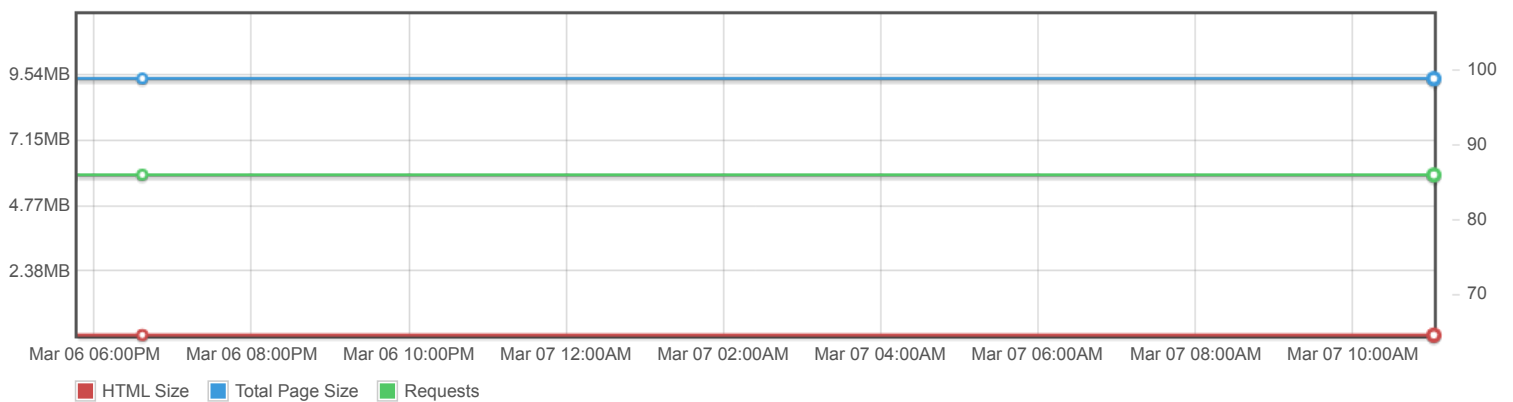
### Page scores



### Page metrics

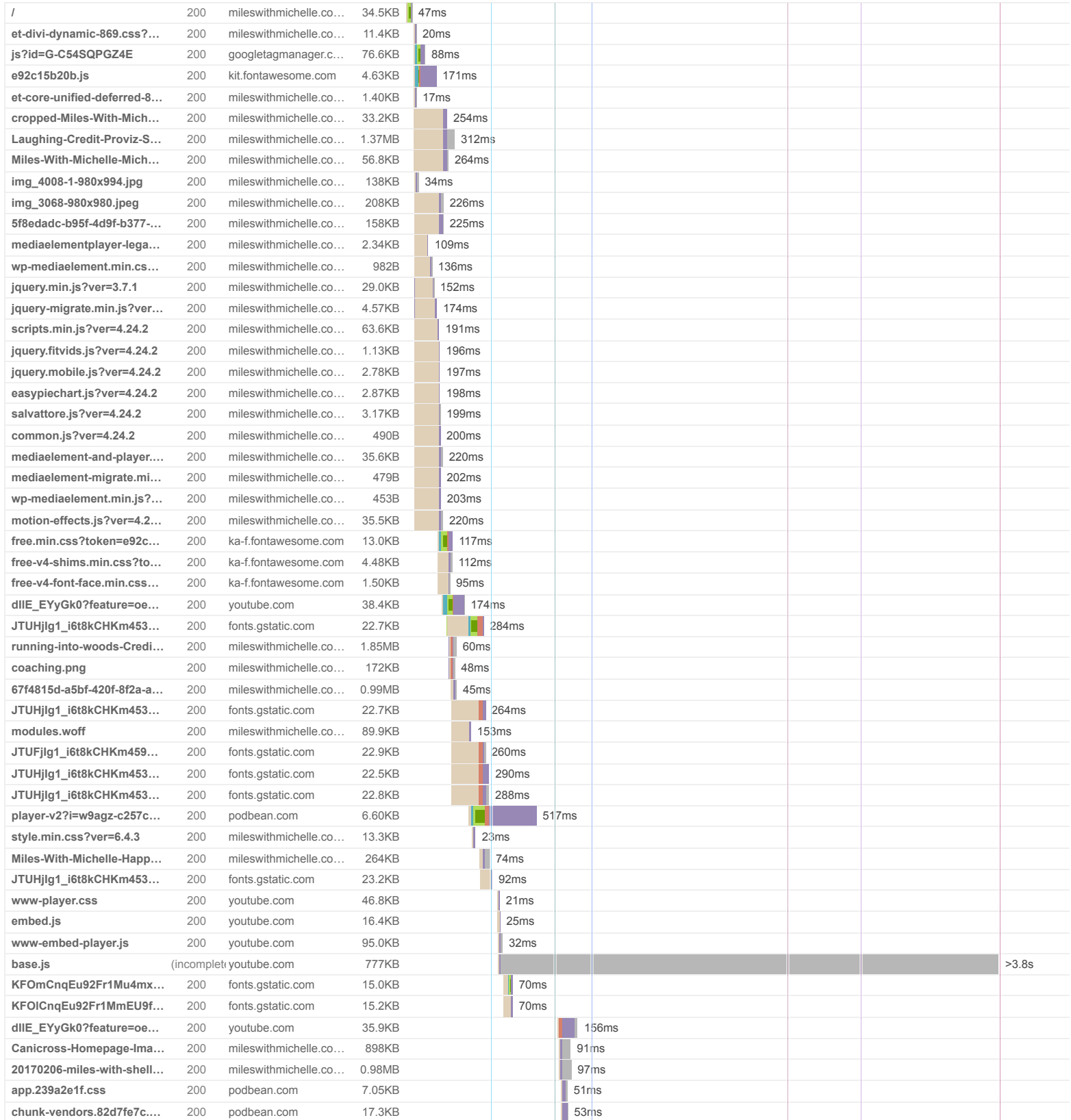


### Page sizes and request counts

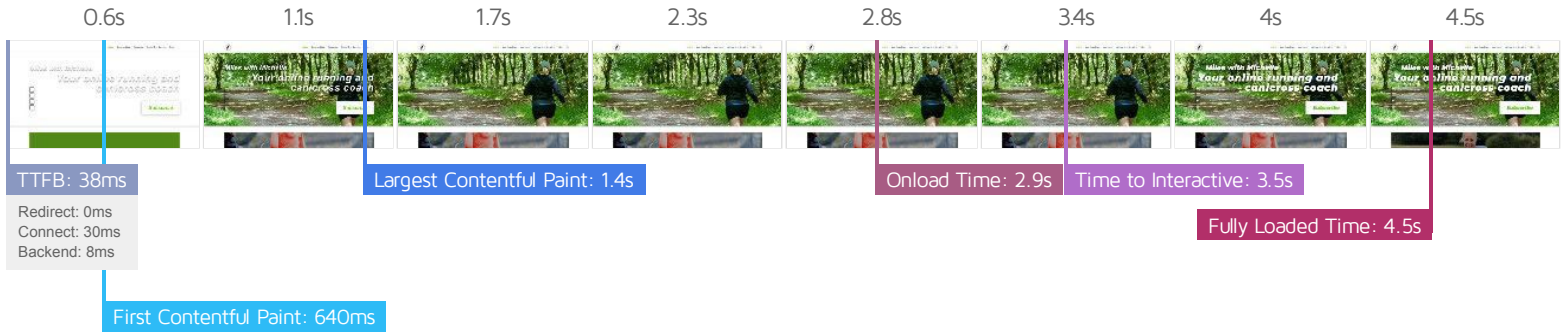


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

### Miles With Michelle | Your Online Running Coach



app.a13c6efb.js	200	podbean.com	30.0KB	52ms			
chunk-vendors.d8ca5bf3.js	200	podbean.com	290KB	147ms			
www-player.css	200	youtube.com	0	0ms			
embed.js	200	youtube.com	0	8ms			
www-embed-player.js	200	youtube.com	0	0ms			
base.js	200	youtube.com	0	241ms			
iconfont.css	200	d8g345wuhgd7e.clo...	5.20KB	62ms			
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	0	0ms			
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	0	0ms			
w9agz-c257c2-pbblog-pla...	200	podbean.com	1.89KB	130ms			
Canicross_Conversations...	200	deow9bq0xvbj.clou...	30.5KB	59ms			
apple-podcast.png	200	d8g345wuhgd7e.clo...	46.2KB	15ms			
google-podcast.png	200	d8g345wuhgd7e.clo...	5.49KB	28ms			
podbean-app.png	200	d8g345wuhgd7e.clo...	11.4KB	33ms			
spotify.png	200	d8g345wuhgd7e.clo...	8.61KB	34ms			
AmazonMusic.png	200	d8g345wuhgd7e.clo...	25.3KB	33ms			
id	302	googleads.g.doublec...	0	44ms			
id?sf_rd=1	302	googleads.g.doublec...	0	39ms			
ad_status.js	200	static.doubleclick.net	29B	46ms			
POST Create	200	jnn-pa.googleapis.com	39.9KB	79ms			
OPTIONS Create	200	jnn-pa.googleapis.com	0	48ms			
remote.js	200	youtube.com	33.1KB	11ms			
6mt_jkCC8QEMfVv4UaXe...	200	google.com	19.5KB	43ms			
maxresdefault.webp	200	i.ytimg.com	164KB	80ms			
Aldro_npBQ1RZ1QzsmB9...	200	yt3.ggpht.com	2.39KB	64ms			
id?sf_rd=1	200	googleads.g.doublec...	118B	19ms			
POST GenerateIT	200	jnn-pa.googleapis.com	134B	35ms			
OPTIONS GenerateIT	200	jnn-pa.googleapis.com	0	17ms			
cast_sender.js	200	gstatic.com	1.96KB	72ms			
generate_204?CSaASA	204	youtube.com	0	8ms			
cast_sender.js	200	gstatic.com	15.0KB	15ms			
cropped-Miles-With-Mich...	200	mileswithmichelle.co...	673B	11ms			
POST log_event?alt=json...	200	youtube.com	50B				19ms
<b>86 Requests</b>	<b>9.40MB</b>	<b>(25.4MB Uncompressed)</b>	<b>4.5s</b>	<b>(Onload 2.9s)</b>			



### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p><b>639ms</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Longer than recommended</p> <p><b>3.5s</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Longer than recommended</p> <p><b>1.8s</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>118ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>OK, but consider improvement</p> <p><b>1.4s</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p><b>0.03</b></p>

### Browser Timings

Redirect	0ms	Connect	30ms	Backend	8ms
TTFB	38ms	First Paint	640ms	DOM Int.	1.1s
DOM Loaded	1.1s	Onload	2.9s	Fully Loaded	4.5s

IMPACT AUDIT

Low

**Allow back/forward cache restoration**

1 failure reason

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations.

FAILURE REASON

Pages whose main resource has cache-control:no-store cannot enter back/forward cache.  
<https://www.mileswithmichelle.co.uk/>

FAILURE TYPE

Circumstantial

Low

**Avoid long main-thread tasks** TBT

5 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
<a href="https://www.mileswithmichelle.co.uk/">https://www.mileswithmichelle.co.uk/</a>	272ms	162ms
<a href="https://kit.fontawesome.com/e92c15b20b.js">https://kit.fontawesome.com/e92c15b20b.js</a>	907ms	117ms
<a href="https://kit.fontawesome.com/e92c15b20b.js">https://kit.fontawesome.com/e92c15b20b.js</a>	691ms	89ms
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://www.mileswithmichelle.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	3.4s	60ms
<a href="https://www.mileswithmichelle.co.uk/">https://www.mileswithmichelle.co.uk/</a>	1.0s	50ms

Low

**Avoid an excessive DOM size** TBT

339 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		339
Maximum DOM Depth	Run Coaching <code>&lt;a href="https://www.mileswithmichelle.co.uk/run_coaching/"&gt;</code>	20
Maximum Child Elements	body.home <code>&lt;body class="home page-template-default page page-id-869 page-parent custom-background ..." data-scroll-step="0"&gt;</code>	23

Low

**Properly size images**

Potential savings of 1.75MB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/Laughing-Credit-Proviz-Sports-Tom-Pooley.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/Laughing-Credit-Proviz-Sports-Tom-Pooley.jpg</a>	1.37MB	1.28MB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2016/06/img_3068-980x980.jpeg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2016/06/img_3068-980x980.jpeg</a>	208KB	189KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2019/09/5f8edadc-b95f-4d9f-b377-9b518061d403-scaled-980x734.jpg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2019/09/5f8edadc-b95f-4d9f-b377-9b518061d403-scaled-980x734.jpg</a>	158KB	143KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2017/09/img_4008-1-980x994.jpg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2017/09/img_4008-1-980x994.jpg</a>	138KB	125KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/cropped-Miles-With-Michelle-Logo.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/cropped-Miles-With-Michelle-Logo.jpg</a>	33.2KB	33.0KB

**Low** **Efficiently encode images** Potential savings of 7.32KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/Miles-With-Michelle-Michelle-Mortimer.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/Miles-With-Michelle-Michelle-Mortimer.jpg</a>	56.8KB	7.32KB

**Low** **Reduce JavaScript execution time** TBT 387ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
<a href="https://www.mileswithmichelle.co.uk/">https://www.mileswithmichelle.co.uk/</a>	529ms	20ms	2ms
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://www.mileswithmichelle.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	309ms	152ms	1ms
Unattributable	279ms	10ms	0ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.24.2</a>	146ms	79ms	37ms
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a>	114ms	26ms	2ms
<a href="https://www.googletagmanager.com/gtag/js?id=G-C54SQPGZ4E">https://www.googletagmanager.com/gtag/js?id=G-C54SQPGZ4E</a>	57ms	50ms	4ms

**Low** **Reduce unused CSS** FCP LCP Potential savings of 100KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
body[data-scroll-step="0"] .et_pb_text_0{transform:translateX(71px); ... } ...	43.1KB	42.9KB
@font-face{font-family:ETmodules;font-display:block;src:url(//www.mileswithmichelle.co.uk/wp-content...	22.7KB	21.1KB
<a href="https://www.mileswithmichelle.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3">https://www.mileswithmichelle.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3</a>	13.3KB	13.3KB
/*! * Font Awesome Free 5.15.4 by @fontawesome - https://fontawesome.com * License - https://font...	12.0KB	12.0KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/et-cache/869/et-divi-dynamic-869.css?ver=1708862127">https://www.mileswithmichelle.co.uk/wp-content/et-cache/869/et-divi-dynamic-869.css?ver=1708862127</a>	11.5KB	10.8KB

**Low** **Serve images in next-gen formats** Potential savings of 2.87MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/running-into-woods-Credit-Proviz-Sports-Tom-Pooley.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/running-into-woods-Credit-Proviz-Sports-Tom-Pooley.jpg</a>	1.85MB	780KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/Laughing-Credit-Proviz-Sports-Tom-Pooley.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/07/Laughing-Credit-Proviz-Sports-Tom-Pooley.jpg</a>	1.37MB	596KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/09/20170206-miles-with-shell-288.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/09/20170206-miles-with-shell-288.jpg</a>	0.98MB	469KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2020/03/67f4815d-a5bf-420f-8f2a-a42c3d66ddaf-4944-000007d8c1110461.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2020/03/67f4815d-a5bf-420f-8f2a-a42c3d66ddaf-4944-000007d8c1110461.jpg</a>	0.99MB	454KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/Canicross-Homepage-Image.jpeg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/Canicross-Homepage-Image.jpeg</a>	898KB	416KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/coaching.png">https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/coaching.png</a>	172KB	110KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2016/06/img_3068-980x980.jpeg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2016/06/img_3068-980x980.jpeg</a>	208KB	51.8KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2019/09/5f8edadc-b95f-4d9f-b377-9b518061d403-scaled-980x734.jpg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2019/09/5f8edadc-b95f-4d9f-b377-9b518061d403-scaled-980x734.jpg</a>	158KB	40.6KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/Miles-With-Michelle-Michelle-Mortimer.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/Miles-With-Michelle-Michelle-Mortimer.jpg</a>	56.8KB	23.8KB

**Low** **Defer offscreen images** Potential savings of 1.64MB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/09/20170206-miles-with-shell-288.jpg">https://mileswithmichelle.co.uk/wp-content/uploads/2021/09/20170206-miles-with-shell-288.jpg</a>	0.98MB	0.98MB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2016/06/img_3068-980x980.jpeg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2016/06/img_3068-980x980.jpeg</a>	208KB	208KB
<a href="https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/coaching.png">https://mileswithmichelle.co.uk/wp-content/uploads/2021/08/coaching.png</a>	172KB	172KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2019/09/5f8edadc-b95f-4d9f-b377-9b518061d403-scaled-980x734.jpg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2019/09/5f8edadc-b95f-4d9f-b377-9b518061d403-scaled-980x734.jpg</a>	158KB	158KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/uploads/2017/09/img_4008-1-980x994.jpg">https://www.mileswithmichelle.co.uk/wp-content/uploads/2017/09/img_4008-1-980x994.jpg</a>	138KB	138KB

**Low** **Avoid non-composited animations** CLS 1 animated element found

Animations which are not composited can be janky and increase CLS.

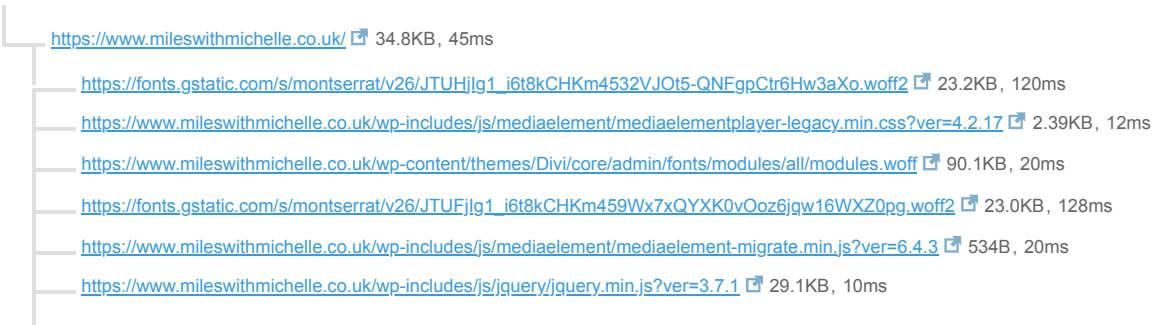
ELEMENT	NAME
Home Run Coaching Canicross Guided Trail Running Blog	
<code>&lt;div id="et-top-navigation" data-height="66" data-fixed-height="40" style="padding-left: 73px;"&gt;</code>	
Unsupported CSS Property: padding-left	padding-left

**Low** **Avoid chaining critical requests** FCP LCP 22 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **660ms**

INITIAL NAVIGATION





<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a>	35.7KB, 38ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/jquery_fitvids.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/jquery_fitvids.js?ver=4.24.2</a>	1.16KB, 15ms
<a href="https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCs16Hw3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCs16Hw3aXo.woff2</a>	22.6KB, 159ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.24.2</a>	63.7KB, 14ms
<a href="https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCtZ6Hw3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCtZ6Hw3aXo.woff2</a>	23.0KB, 157ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/jquery_mobile.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/jquery_mobile.js?ver=4.24.2</a>	2.82KB, 16ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/salvattore.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/salvattore.js?ver=4.24.2</a>	3.20KB, 18ms
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1">https://www.mileswithmichelle.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1</a>	4.62KB, 14ms
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=6.4.3">https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=6.4.3</a>	1.01KB, 9ms
<a href="https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w3aXo.woff2</a>	23.3KB, 8ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/core/admin/js/common.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/core/admin/js/common.js?ver=4.24.2</a>	522B, 18ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/motion-effects.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/motion-effects.js?ver=4.24.2</a>	35.5KB, 37ms
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=4.24.2</a>	2.90KB, 17ms
<a href="https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCu173w3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCu173w3aXo.woff2</a>	22.8KB, 131ms
<a href="https://kit.fontawesome.com/e92c15b20b.js">https://kit.fontawesome.com/e92c15b20b.js</a>	4.62KB, 168ms
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=6.4.3">https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=6.4.3</a>	508B, 20ms

**Low** **Reduce unused JavaScript** LCP Potential savings of 108KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://www.googletagmanager.com/gtag/js?id=G-C54SQPGZ4E">https://www.googletagmanager.com/gtag/js?id=G-C54SQPGZ4E</a>	77.0KB	39.9KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.24.2</a>	63.7KB	38.5KB
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a>	35.7KB	29.1KB

**Low** **Use HTTP/2 for all resources** 6 requests not served via HTTP/2

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing.

URL	PROTOCOL
<a href="https://d8g345wuhgd7e.cloudfront.net/site/css/admin5/iconfont/iconfont.css">https://d8g345wuhgd7e.cloudfront.net/site/css/admin5/iconfont/iconfont.css</a>	http/1.1
<a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/apple-podcast.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/apple-podcast.png</a>	http/1.1
<a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/google-podcast.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/google-podcast.png</a>	http/1.1
<a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/podbean-app.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/podbean-app.png</a>	http/1.1
<a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/spotify.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/spotify.png</a>	http/1.1
<a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/AmazonMusic.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/AmazonMusic.png</a>	http/1.1

**N/A** **Largest Contentful Paint element** LCP 1,410 ms

This is the largest contentful element painted within the viewport.

**ELEMENT**

```
Miles with Michelle Your online running and canicross coach Subscribe
<div class="et_pb_section et_pb_section_0 et_pb_with_background et_section_regular">
```

PHASE	% OF LCP	TIMING
TTFB	3%	39ms
Load Delay	21%	292ms
Load Time	4%	54ms
Render Delay	73%	1.0s

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 4ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
<ul style="list-style-type: none"> <li><a href="https://kit.fontawesome.com/e92c15b20b.js">https://kit.fontawesome.com/e92c15b20b.js</a></li> </ul>	4.62KB	885ms

N/A **Reduce initial server response time** FCP LCP Root document took 8ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
<ul style="list-style-type: none"> <li><a href="https://www.mileswithmichelle.co.uk/">https://www.mileswithmichelle.co.uk/</a></li> </ul>	8ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 8.00KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=4.24.2</a> Line:63 Column:1 <code>Date.now</code>	7.89KB
<a href="https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/motion-effects.js?ver=4.24.2">https://www.mileswithmichelle.co.uk/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/motion-effects.js?ver=4.24.2</a> Line:0 Column:64304 <code>@babel/plugin-transform-classes</code>	66B
<a href="https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://www.mileswithmichelle.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a> Line:11 Column:12531 <code>@babel/plugin-transform-classes</code>	50B

N/A **Avoid large layout shifts** CLS 4 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Your online running and canicross coach <h1 style="text-align: right;">	0.01
Home Run Coaching Canicross Guided Trail Running Blog <div id="et-top-navigation" data-height="66" data-fixed-height="40" style="padding-left: 73px;">	0.01
Miles with Michelle <h2 style="text-align: left;">	0.00
Subscribe <a class="et_pb_button et_pb_button_0 et_pb_bg_layout_light et_had_animation" href="#subscribe">	0.00

N/A

**Minimize main-thread work** TBT

Main-thread busy for 1.6s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	492ms
Script Evaluation	451ms
Style & Layout	428ms
Parse HTML & CSS	101ms
Script Parsing & Compilation	53ms
Rendering	32ms
Garbage Collection	4ms

N/A

**Reduce the impact of third-party code** TBT

Total size was 2.00MB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
<b>YOUTUBE</b>	1.18MB	0ms
• <a href="https://www.youtube.com/s/player/9bb09009/player_ias.vfiset/en_US/base.js">https://www.youtube.com/s/player/9bb09009/player_ias.vfiset/en_US/base.js</a>	778KB	0ms
• <a href="https://i.ytimg.com/vi_webp/dIIE_EYyGk0/maxresdefault.webp">https://i.ytimg.com/vi_webp/dIIE_EYyGk0/maxresdefault.webp</a>	164KB	0ms
• <a href="https://www.youtube.com/s/player/9bb09009/www-embed-player.vfiset/www-embed-player.js">https://www.youtube.com/s/player/9bb09009/www-embed-player.vfiset/www-embed-player.js</a>	95.2KB	0ms
• <a href="https://www.youtube.com/embed/dIIE_EYyGk0?feature=oembed">https://www.youtube.com/embed/dIIE_EYyGk0?feature=oembed</a>	74.3KB	0ms
• Other resources	99KB	0ms
<b>PODBEAN.COM</b>	353KB	0ms
• <a href="https://www.podbean.com/player-v2/js/chunk-vendors.d8ca5bf3.js">https://www.podbean.com/player-v2/js/chunk-vendors.d8ca5bf3.js</a>	290KB	0ms
• <a href="https://www.podbean.com/player-v2/js/app.a13c6efb.js">https://www.podbean.com/player-v2/js/app.a13c6efb.js</a>	30.0KB	0ms
• Other resources	32.8KB	0ms
<b>GOOGLE FONTS</b>	169KB	0ms
• <a href="https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w3aXo.woff2</a>	23.3KB	0ms
• <a href="https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCtr6Hw3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCtr6Hw3aXo.woff2</a>	23.2KB	0ms
• <a href="https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jgw16WXZ0p_g.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jgw16WXZ0p_g.woff2</a>	23.0KB	0ms
• <a href="https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCtZ6Hw3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCtZ6Hw3aXo.woff2</a>	23.0KB	0ms
• <a href="https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCu173w3aXo.woff2">https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCu173w3aXo.woff2</a>	22.8KB	0ms
• Other resources	53.4KB	0ms
<b>CLOUDFRONT.NET</b>	133KB	0ms
• <a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/apple-podcast.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/apple-podcast.png</a>	46.2KB	0ms
• <a href="https://deow9bq0xgvbj.cloudfront.net/ep-logo/pblog12736450/Canicross_Conversations_Episode_Cover_1000_x_1000_px_6_kur5sa_300x300.jpg">https://deow9bq0xgvbj.cloudfront.net/ep-logo/pblog12736450/Canicross_Conversations_Episode_Cover_1000_x_1000_px_6_kur5sa_300x300.jpg</a>	30.5KB	0ms
• <a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/AmazonMusic.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/AmazonMusic.png</a>	25.3KB	0ms
• <a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/podbean-app.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/podbean-app.png</a>	11.4KB	0ms
• <a href="https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/spotify.png">https://d8g345wuhgd7e.cloudfront.net/site/images/admin5/spotify.png</a>	8.61KB	0ms
• Other resources	10.7KB	0ms
<b>GOOGLE TAG MANAGER</b>	77.0KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-C54SQPGZ4E">https://www.googletagmanager.com/gtag/js?id=G-C54SQPGZ4E</a>	77.0KB	0ms
<b>OTHER GOOGLE APIS/SDKS</b>	60.3KB	0ms
• <a href="https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create">https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create</a>	40.2KB	0ms
• <a href="https://www.google.com/js/th/6mt_jkCC8QEMFv4UaXe0WVRezbgEIH9_VSMBGBwk28.js">https://www.google.com/js/th/6mt_jkCC8QEMFv4UaXe0WVRezbgEIH9_VSMBGBwk28.js</a>	20.1KB	0ms
<b>FONTAWESOME CDN</b>	23.6KB	0ms
• <a href="https://ka-f.fontawesome.com/releases/v5.15.4/css/free.min.css?token=e92c15b20b">https://ka-f.fontawesome.com/releases/v5.15.4/css/free.min.css?token=e92c15b20b</a>	13.0KB	0ms
• <a href="https://kit.fontawesome.com/e92c15b20b.js">https://kit.fontawesome.com/e92c15b20b.js</a>	4.62KB	0ms
• <a href="https://ka-f.fontawesome.com/releases/v5.15.4/css/free-v4-shims.min.css?token=e92c15b20b">https://ka-f.fontawesome.com/releases/v5.15.4/css/free-v4-shims.min.css?token=e92c15b20b</a>	4.48KB	0ms
<b>GOOGLE CDN</b>	17.8KB	0ms
• <a href="https://www.gstatic.com/eureka/clank/117/cast_sender.js">https://www.gstatic.com/eureka/clank/117/cast_sender.js</a>	15.4KB	0ms
<b>GOOGLE/DOUBLECLICK ADS</b>	1.19KB	0ms

N/A

### User Timing marks and measures

No user timings and/or marks found.